



2-Day Food Record Instructions:

- Please complete a food record for 2 days prior to your first appointment. Keep food records for 1 week day and 1 weekend day. The 2 days do not need to be consecutive. The food record will allow me to assess your eating patterns and food choices.
- Record all foods and beverages consumed, even if they are not consumed at a structured meal or snack time. Please also note the time of day everything is consumed.
- Include portion sizes for all foods and beverages consumed. You may estimate portion sizes based on standard portion sizes or use every day objects such as the descriptions listed below.

2 Tbsp= 1 golf ball

1 piece of fruit or ½ cup vegetables= 1 light bulb

1 tsp=1 dice

3 oz meat= 1 deck of cards

4 oz fish=1 checkbook

1 cup of rice, pasta, oatmeal=1 baseball

½ cup= 1 computer mouse

- Include condiments, cooking methods and ingredients for food you prepare at home.
- Please indicate if the day is typical day for you and explain why or why not.
- Be as specific as possible when writing down food choices, cooking methods, times and portions. The more information I have, the more effectively I will be able to help you achieve your nutrition goals. 😊

Food Record Day 1

Name: _____

Date: _____

Breakfast	Time:
Lunch	Time:
Dinner	Time:
Snack	Time:
Snack	Time:
Snack	Time:
Was this a typical day? Yes/No Explain:	

Food Record Day 2

Name: _____

Date: _____

Breakfast	Time:
Lunch	Time:
Dinner	Time:
Snack	Time:
Snack	Time:
Snack	Time:
Was this a typical day? Yes/No Explain:	